

THE
MOTHER'S
Medical Pocket-Book.

BY J. S. FORSYTH,

Surgeon-Accoucheur, London.

Her, by her smile, how soon the stranger knows;
How soon, by his, the glad discovery shows,
As to her lips she lifts the lovely boy!
What answering looks of sympathy and joy!
He walks, he speaks. In many a broken word
His wants, his wishes, and his griefs are heard.
And ever, ever to her lap he flies,
When rosy sleep comes on with sweet surprise.
Lock'd in her arms, his arms across her flung,
(That name most dear for ever on his tongue.)
As with soft accents round her neck he clings,
And, cheek to cheek, her lulling song she sings.
How blest to feel the beatings of his heart,
Breathe his sweet breath, and kiss for kiss impart;
Watch o'er his slumbers like the brooding dove,
And, if she can, exhaust a mother's love!

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THE
MOTHER'S
MEDICAL POCKET BOOK,
containing
ADVICE PHYSICAL AND MEDICAL,
to
MOTHERS AND NURSES,
relative to
THE REARING OF INFANTS, FROM THE HOUR
OF BIRTH:

including
Practical Observations on the Management of Pregnant and Lying-in Women—flat and sore Nipples—Suckling—Swathing and first Dressing the Child—the use of Cold Water Effusion—Tepid Bath—Exposure of the Head—Air and Cleanliness—the use of the Cradle—Crying of Children—Diet—Weaning—Walking, &c. &c.

with
THE SYMPTOMS AND TREATMENT
of the most

Ordinary Diseases,
TO WHICH CHILDREN ARE LIABLE, &c.


BY J. S. FORSYTH,
SURGEON-ACCOCHEUR, &c.

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PREFACE.



THE MOTHER'S PHYSICAL and MEDICAL POCKET-BOOK was suggested in consequence of the absolute want of a domestic manual of the kind, within the reach and capacity of every order of society, that should at once combine physical directions with the medical treatment of children of all ages.

Notwithstanding the late number of works that have found their way through the press, professedly with a design to fill up this long existing chasm in our domestic medicine (but which, in reality, have served little or no other purpose than to amuse the reader with the antiquated doctrines of the nursery and the frivolous formalities of the last century; and, in other respects, by laying down obsolete medical precepts, as fulsome as

they are fraught with danger to the inexperienced—bewildering those who look for plain and simple instruction in the mazes of therapeutical and pathological research, obscured by obstruse technicalities, instead of being confined to the practicable simplicity of detail which constitutes all that is valuable in domestic medicine, either in the infant or the adult) much is still wanting for the accomplishment of this desired object, as far as regards a work calculated to instruct either young or old in the discharge of those important and inseparable duties that devolve more particularly upon mothers in the course of fostering and rearing their delicate offspring.

Throughout the following observations, the opinions and practice of the best physicians of the past and present day have constantly been kept in view. More, indeed, might have been said on each subject, especially as relates to the

ordinary complaints of children and the treatment of them; but, as brevity and utility, under proper restrictions, have not been considered as the least important features of the work, enough, it is hoped, has respectively been laid down, to enable mothers and nurses to prescribe, with credit to themselves and benefit to their little charge, in the less complicated complaints, without the assistance of medical advice; and in all cases, to make themselves useful, until the latter, should it be indispensably necessary, can be procured.

As far as regards the physical management of children, custom and prejudice, however derogatory to the dictates of mother nature or common sense, will still preserve many of their inflexible votaries; but, should the following admonitions and directions tend in any degree to the modification, at least, of any of the irrational practices, to give them no harsher name,

which still exist among all classes of society, relative to the physical and medical treatment of children, an object will be attained, productive of the most pleasing reflections, that may, at some future and no very distant time, be the means of rendering the following pages still more useful and important to those for whom they are now more immediately intended.

J. S. FORSYTH.

21, Salisbury Place, Walworth.

A
GUIDE TO THE NURSERY;

OR,

A Word of Advice,

TO MOTHERS AND NURSES RELATIVE TO THE MANAGEMENT AND REARING OF CHILDREN FROM THE HOUR OF BIRTH, &c.

CHAP. I.

A hint to parents of both sexes—directions to pregnant women—mode of living—diet to be observed—clothing—precautions at the commencement and towards the end of pregnancy, &c. &c.

THE constitution of a child, and its strength and vigour, depend greatly upon the manner of living observed by the parents previous to conception, as well as on the conduct of the mother during the time she carries it in her womb; for the bad disposition of the body of the father and mother, are the immediate causes of the weakness and bad constitution of children.

But, on the contrary, if the father and mother are both in a healthy condition,

and their bodies well formed in every part, without any great disproportion between lustiness or stature, if they both enjoy good health, a strong and robust constitution; if they live sober and upon good ordinary food; observing moderation in all their appetites, and a strict observance of cleanliness, enjoying good and wholesome air, are contented in mind, and strive to render each other happy under whatever circumstances it may have pleased providence in the wisdom of his dispensations to place them, it is very possible, that by uniting all these advantages and precautions, as far as they are enabled to do so, that the children born of them will have greater dispositions to a strong and healthy habit of body, which may in its turn lay the foundation of sound intellectual qualities and long life.

As soon as a woman suspects herself to have fallen with child, she will do well to guard against troublesome and not unfrequently serious consequences, by regulating her desires and mode of living within the bounds of strict moderation. She should live moderately upon her usual food, if it be not of a heavy, salted or spicy nature. It ought to consist neither of too active nor of too cooling a

quality. She ought never to give herself up to the odd whims which fancy or a disordered imagination too frequently dictate in this condition; on the contrary, some little violence ought to be offered to these depraved appetites, or longings for things equally as absurd and immoderate, as the greater number of them are unfit for digestion, or consistent with a healthy state of the body.

If her appetite be too strong, she should not take more food at a time than she has been in the habit of doing; it will be better for her to eat less and oftener, allowing a sufficient interval for digestion to take place before she uses more aliment. Should she be partial to any particular liquor, it should be used sparingly and diluted with water in sufficient quantity to render it more laxative and easy of digestion. Strong liquors, which reason at all times points out as a slow poison, should be avoided as deleterious to the foetus in the womb. In short, they should be absolutely interdicted to pregnant women; who should breathe a fine, free and uninterrupted air; and that air is best which is most frequently changed.

She should guard against breathing too strong odours, in consequence of their

affecting the womb from sympathy with the nerves, which at that time are more sensible than ordinary. Her usual hours of rest should be increased—that is, if she is in the habit of sleeping eight hours, she may add another to it in the pregnant state. It is desirable also that her term of gestation should pass on without fixing her attention and desires too much upon any one object; and care should be taken to prevent her from seeing any thing she cannot behold but with repugnance or horror; as every thing likely to make too strong an impression upon her mind, or to trouble her imagination, which at that time, more particularly, is very fickle, is capable of producing serious consequences to the fruit of her womb. Her mind ought to be kept easy and cheerful, and every thing likely to cause anger, anxiety, sorrow, &c. should be prevented as much as possible.

Her clothes should be made large and commodious, that she may have as little trouble or exertion as possible in putting them on. Her shoes should also fit well and easy; and in walking abroad she should choose the evenest paths to prevent her from being frightened by making a false step or stumbling against stones or

other inequalities that may be met with in the way.

She ought to take exercise without fatiguing herself; her amusements should be pleasing and agreeable, to guard against catching or exposing herself to cold, as this might be the means of checking the insensible perspiration, which is then more abundant, and ought not to be thrown back.

She should be careful both at the beginning and towards the end of her pregnancy not to raise her arms too much, nor to carry heavy loads, sing songs that require much exertion of the voice,—in fact, not to use efforts or violent exercises of any kind.

There are a variety of other little though no less necessary considerations due to women in a state of child-bearing which are generally enough known; the preceding observations, however, have not been conceived out of place by way of preliminary introduction to the management of children, &c.

CHAP. II.

Treatment of the child on coming into the world—treatment of the mother after delivery—management and subsequent mode of living during confinement—observations on the too abundant use of broths, water gruels, &c. &c.

After the birth, and the navel string is tied by the accoucheur, the child is received into a soft, well dried and tolerably warm linen cloth,* if it be in winter, as it is necessary to guard against the influence of cold in the first minutes of life: it is then to be placed in a safe and soft place, with its head a little elevated, for a few minutes, until the mother be safely delivered.

If the child appear to be weak, in consequence of the laboriousness of the labour, a little sugar in wine well diluted with lukewarm water may be given to it; but, if it appear lively and strong nothing should be given until it has discharged the meconium, (or first stool) and some glairous matter by the mouth; nor should the breast be delayed after these have taken place, as the mother's milk has the double effect of being nutritive and cleans-

* See further particulars on this subject, page 27.

ing and ought invariably to be preferred to every other article. It is a custom with some nurses to cram a piece of fresh butter and soft sugar down the child's throat immediately it is dressed; this is by no means a recommendable practice, although it has many advocates with the poorer classes who imagine, though not very correctly, that the crying of the child at this time, indicates a craving for something to allay the calls of hunger.

Presuming then that the child and after-burden are expelled, and the accoucheur having satisfied himself that the womb is well contracted, the bandage, which is usually placed loosely round the belly, previous to delivery (a precaution which it is of the highest importance never to omit) is to be moderately tightened; and after the removal of any thing that may have passed from the womb, soft and well aired napkins are to be applied to the proper parts above and below, so as to be placed between them and the wet cloths.

Upon the supposition that neither flooding or any other circumstance requires a state of absolute rest, the woman may remain for half an hour in the same situation as when delivered; after which, her

soiled linen may be removed, when the clean clothes, which had been previously passed round her chest, may be drawn down, and she herself very gently moved up in the bed by one assistant at her shoulders, and another at her feet. While these things are doing, she should remain perfectly inactive, and on no account be raised from her actual position, as flooding, fainting, and other evils might be the consequence.

After this, some simple nourishment may be given to her—the room should be kept dark, cool, and air freely admitted—at the same time she must not be annoyed by talkative and inquisitive friends. Her medical attendant now leaves her enjoining strict rest of body and mind, and abstinence from fermented liquors or high-seasoned food.

For some time after delivery, the food of a lying-in woman should be less in quantity and more simple in its quality than she was before accustomed to; because, whilst a lying-in room is not a sick room, yet so sudden and so great is the change in the habits of the patient, perhaps from high activity to perfect quietude, that the same diet which she had previously taken could not now be endured without much inconvenience.

It is customary to compel women under these circumstances to live almost exclusively upon gruels or broths ; and it is no uncommon thing for her stomach to be most unwillingly distended daily with pints of these articles. The practice is extremely irrational and highly injurious. It frequently not only weakens the stomach, but, by keeping up a constant state of perspiration, debilitates the whole system, and renders it very susceptible of cold ; and is one cause of an immediate flow of milk, which becomes a source of great distress to the patient. For some days after delivery, therefore, their quantity may be less, if in the middle of the day a light pudding, containing an egg or two, be given in their place. The ingredients may be varied until the woman becomes accustomed to her ordinary diet, which, if nothing unfavourable has occurred, may be given about the tenth day.

CHAP. III.

On the diet of a nurse—spirits, wine and beer to be avoided—milk as a common beverage recommended—rich living injurious to the breast milk, &c. &c.

The diet of a nurse should be simple, nutritious, and such as is easily digested. It is an established fact that if plain and nourishing, a mother may with impunity to a child gratify herself in any article of food, if she at first accustom her stomach to it; and it will rarely be found that any thing will disagree with an infant which agrees with herself.

Unless the state of the health requires wine or beer, most nurses who have good sense enough to try, will find the comforts of their feelings best consulted, their constitution best supported, and the improvement of their infants most rapid, when they avoid spirits, wine or beer, and drink milk as their ordinary beverage. Some women may require a draught of good ale twice a day, but the cases are rare, and in no instance should the ordinary porter be taken, because it is charged with ingredients poisonous to both nurse and child; and the constant drinking of it is a fruitful source of disease.

A nurse should live on a proportionate quantity of animal and vegetable food. No objection but such as is traditionary and unfounded, can be advanced against her partaking moderately of any well boiled vegetables or ripe sub-acid fruit. Her meat should not be much salted or fat;

and rich pastry, for her own sake, as well as for the welfare of the child, should be avoided.

One hearty meal, at least, should be eaten daily with a proper quantity of vegetables; and, in general, the diet of a nurse ought to be greatly altered from that to which she has been previously accustomed.

It is a common prejudice and a great error that “NURSE should live well,” in the abused acceptation of the words.—Nutritious diet is certainly necessary, but rich living renders the milk gross and indigestible. It is of some importance that food be taken frequently, and in small quantities, as the milk is secreted in a few hours, probably in about five, after the stomach receives its nourishment. The milk is then fit for the sustenance of the child, but if secreted much longer, it becomes unfit because the serum or thinner parts are absorbed, and those only which are digested with more difficulty, remain in the breast.

CHAP. IV.

Taking wine or spirits to remove languor in pregnancy or suckling condemned—observations thereon, &c.

There is an evil too generally prevalent, and most pernicious in its consequences on individuals and on society, and by no means confined to mothers in the lower classes of the community, which cannot be too severely reprobated, viz. the wretched habit of taking wine or spirits to remove the languor present during pregnancy and suckling. It is a practice fraught with double mischief, being detrimental both to mother and child. The relief afforded is but of short duration, and is invariably followed by a greater degree of languor, which demands a more powerful stimulus, which at length weakens, and eventually destroys the tone of the stomach, deteriorates the milk, and renders it altogether unfit to supply that nutriment which is essential to the existence and welfare of the child.



CHAP. V.

Directions to young mothers for supplying the breast with ease and convenience both to themselves and child, &c.

Some young mothers greatly increase their fatigue in suckling, by the awkward

manner in which they place their children to the breast. A woman should use her child to such positions in giving it suck as are most easy to herself. If in bed, the child should take the breast as it lies, and not incommode the mother by obliging her to sit up in bed; because, without any benefit to the child, the mother's fatigue is greatly augmented. When up, the mother should by all means sit upright, and raise the child to her breast; the distorted position so commonly seen in suckling, produces excessive pain in the back and limbs, without, in any respect, relieving the child.

CHAP. VI.

Influence of the affections of the mind over suckling women, &c.

Fretfulness, agitation, and violent emotions of the mind, invariably do injury to an infant at the breast. The milk becomes vitiated, its secretion or flow is very often diminished, or altogether suspended, and the little sufferers have, in many well authenticated instances, fallen victims to the indulgence of these passions in the nurse or mother.

CHAP. VII.

Mothers should support their children on their own milk—mischief resulting from an opposite practice—its beneficial influence over children, &c.

Unless very particularly urgent reasons prohibit, a mother should support her infant on her own milk. It is the dictate of nature, and the requirement of reason and common sense. Were it otherwise, it is not probable that so abundant a supply of suitable food would be provided to meet the wants of an infant, on its entering upon a new state of existence. It is difficult to estimate the mischief resulting from infants being deprived of their natural nourishment; for, however near the resemblance may be between food artificially prepared, and breast-milk, still reason and observation demonstrate the superiority of the latter over the former.

No children exhibit such unequivocal signs of health, or bear up so well under disease, as those that live exclusively on the breast. Wherever instinct and nature are permitted to teach, such is the course which they point out, and happy would it be for mankind, if parents would so far return to a state of nature, as to regulate

their own diet, and that of their children, by her simple and salutary dictates. In various parts of the world where children attain to the greatest beauty and vigour, they are not permitted any other nourishment than the mother's milk, until they are twelve months old; and some of the finest and most robust children to be seen in this country are those that are reared in a similar manner.

CHAP. VIII.

Advantages of mothers suckling their own children, &c.

As a further inducement for women to suckle their own children, it ought to be borne in mind, and medical men concur in the opinion, that a constitution very rarely suffers from giving suck; whilst, on the contrary, the health of most women is most materially improved by the performance of the duties of a nurse. Delicate females are generally strengthened by nursing, and many of the complaints incident to women are removed by it. If the period of pregnancy be excepted, fewer women die whilst nursing, than at any other period of life; and it is a very com-

mon observation, that their spirits are more lively and uniform, their temper milder and more even, and general feelings more healthy and pleasant, than under any other circumstances.

CHAP. IX.

Evils resulting from mothers neglecting to suckle their offspring.

There is a very serious evil resulting from a mother neglecting the imperious duty of nursing her child, viz. the probability of her becoming pregnant more frequently than the constitution can sustain without permanent injury. The woman who suckles her children has generally an interval of a year and a half, or two years between each confinement; but she who, without an adequate cause for this omission, does not nurse, must expect to have a child every twelve months, and must reconcile her mind to a shattered constitution and premature old age. But few mothers, comparatively, are to be found, who, were they willing, would not be able to support their infants; at least, for a few months; and parental affection

and occasional self-denial would be abundantly recompensed by the rearing of a blooming and vigorous offspring.

CHAP. X.

Directions for suckling—child should be put early to the breast—its advantages to both mother and child—temporary suckling advantageous, &c.

Presuming that the laudable determination is formed to indulge the child with that nutriment which is designedly for its support, it becomes necessary to state, that unless very strong objections should exist, twelve hours should never elapse before the infant has been put to the breasts. Instinct directs it what to do, and the advantages of allowing it to suck soon after birth are many and important, both to the mother and the child. By this commendable practice, the parent is in general preserved from fever, from inflamed and broken breasts,* and from the distressing and alarming consequences resulting from these complaints. If the breasts should not have secreted milk previous to delivery, the act of suckling will encourage and hasten it. By this means the mother will

* See management of the breasts, page 90.

be saved from much of the pain connected with distended breasts. Besides this, if the infant be not put to the nipple till the breasts become full and tense, the nipple itself will sometimes almost disappear, on account of its being stretched; and without much, and often ineffectual labour on the part of the child, it cannot lay hold of it, and even then the pain endured by the mother is exquisitely severe, and not unfrequently the cause of sore nipples.

It must nevertheless be admitted, that some mothers cannot suckle their infants, still it should be attempted, unless it be altogether next to impossible; for, although a woman may not be able to persevere for any considerable time, yet suckling, if but through three or four weeks, may avert those local and general complaints before named. Many nurses are too often discouraged when children are awkward in taking the breast, or when the nipples are flat and sore.

CHAP. XI.

Cause of sore and flat nipples—mode of treatment—cautions to be observed, &c. &c.

We shall here, in a few words, allude to the principal causes giving rise to flat and

sore nipples. These in most instances are produced by the unnatural practice of pressing them in by tight stays. A strong healthy child should be applied to draw them out when too flat for a new-born infant to take hold of them. The superficial ulcers and cracks which so often arise on the nipples, and which give such exquisite pain, may generally be prevented by washing the nipples night and morning for some months before lying-in, with brandy and water, or a lotion made with two scruples of the sulphate of zinc, (white vitriol) half an ounce of the spirits of wine, and two ounces of rose water. It is of considerable importance to keep the nipples dry after the child has done sucking. When they become sore great attention is required. The infant should draw them through an ivory or glass shield with the prepared teat of a heifer. The nipples must be always covered with the shield, so that they may not be liable to pressure; and great care should be taken that the newly formed tender skin be not torn off by the coverings of the breast being left sticking to it. If the mother has but the resolution to make the attempt, she will be able to suckle, though she may have been foiled in

two or three, or more previous confinements.

Innumerable are almost the variety of things that have been recommended to invigorate the constitution and flow of milk. It is enough to state, that when no positive disease is present, plain, generous and nutritious diet, regular exercise, and cold-bathing two or three times a week, embrace all that is necessary to accomplish this desirable object.

CHAP. XII.

Examination of the child by the accoucheur—how the child is to be received by the nurse after delivery—cold to be guarded against—observations on cots and cradles, &c. &c.

The accoucheur after delivery examines every part of the body of the child to see if they are in their natural condition; and, if any thing be wrong, as far as it may be compatible with rules of his art consistent with the possibility of success, to adjust it, previous to the infant being handed over to the nurse for the purpose of being washed and dressed, who is in readiness with a receiver of fine flannel, with a

square of old soft linen or calico tacked to its centre. Flannel itself is too harsh for immediate contact with the delicate and tender skin of an infant at first, though well adapted to keep up that degree of warmth which it brings into the world with it—(about 98° of Fahrenheit.)

Cold, as has already been observed, is very unfriendly to the tender state of an infant, and although a child overheated with an immoderate load of clothes suffers from red gum and other complaints, yet, for a time, warm clothing, with that quantity of animal heat which a mother's bosom communicates, are requisite for its comfort and indispensable to its prosperity. The modern luxury of cots, and the injurious apprehensions of children being overlaid, has banished many a weak and delicate infant from a nurse's bosom (its natural and best bed) to a crib, where it has passed night after night in crying, from its inability to generate sufficient heat of itself for comfort, and has eventually fallen a victim to cold and neglect. It should nevertheless have plenty of fresh air which, whilst it circulates freely about its bed, should, by means of a curtain, be prevented from passing in a current immediately over its body, (see cradle, p. 39.)

CHAP. XIII.

Directions to the nurse for washing the child after birth, and the removal of the matter attached to the skin at that time, &c.

The mucus or white slimy matter that covers the body of a child at its birth, is best removed by a soft sponge, warm water and soap. A nurse should not be over anxious to remove every particle at the first washing; because, by too much rubbing, the skin becomes irritated and inflamed, and by the second attempt, the surface of the body may be thoroughly freed from this substance. This, in fact, is necessary, or perspiration becomes obstructed, and the skin liable to eruptive diseases.

CHAP. XIV.

Observations on washing the heads of children—directions to the nurse—injurious practice of using spirits for this purpose, &c.

Many nurses never wash the head of an infant after the first time, except with spirits. The omission of washing it is un-

justifiable on every principle, and the custom of rubbing the head with spirits, has nothing to recommend it, but on the contrary, is the most common cause of giving cold on account of its speedy evaporation, which carries off heat that can never be spared. A mother has only to be convinced of this, to rub a little spirits between her own hands, and she will never allow the tender head of her babe to undergo the same operation.

CHAP. XV.

Directions for the management of the navel string—burnt rag objectionable—its consequences—healing of an ulcer if any remain on the falling off of the cord, &c.

The navel string may be wrapped round with a piece of soft well aired linen, and carefully laid back on the belly. Burnt rag is very objectionable: in no case is it of any use, and it frequently produces inflammation, and an ulcer that heals with difficulty. Should an ulcer remain after the navel string drops off, which it generally does in a few days, the part may be

moistened with a little goulard water, and afterwards have applied to it a little spermaceti or simple ointment, spread on lint; which may be renewed every time the child is dressed, till the wound is healed.

CHAP. XVI.

Practice of squeezing children's breasts condemned.

Did the brutal practice of forcibly squeezing out the fluid which distends the breasts of some new-born infants not still prevail, it would be unnecessary here to refer to the unfeeling custom—a custom that nothing can justify, for not one child in a hundred requires any attention on this point, and when it does, the opinion of the medical attendant should invariably be taken.

CHAP. XVII.

Directions to mothers and nurses on the clothing of children — observations thereon—on bandaging children—its consequences when not properly managed, &c. &c.

The object of clothing is to defend us from the inclemency of the weather; and

happy would it be for the rising generation were mothers and nurses convinced that this desirable object may be accomplished by light warm clothing, without the necessity of confining the body by bandages, or loading it with coverings heavy enough for half a dozen children; and, certainly, nothing but an obstinate and slavish adherence to custom can connive at a practice as absurd as it is unlawful, viz. the ridiculous length of an infant's clothing, which is enough, and in many cases actually, by its weight, goes a great way to produce deformity of the feet; and must always, to take the most favourable view of it, be a source of considerable pain and uneasiness to a weak child. Ease and moderate warmth are the two principal objects to be kept in view in the clothing of infants; and owing to these being disregarded or overlooked, is the very reason we wander so far from the genuine simplicity of nature and the obvious dictates of common sense.

No one can doubt for a moment that the ease and comfort of a child may both be consulted and promoted by avoiding all unnecessary bandaging. Every kind of swathing prevents and obstructs the performance of the various natural func-

tions. Flexion and extension of the joints should be quite unrestrained, and cloathing which in any measure impedes motion, counteracting, by this means, the natural efforts of the child, must be extremely injurious indeed, and cannot be too severely censured. An infant has not been unaptly compared to a bundle of fine vessels, through which a fluid is to pass unmolested in order to it being distributed equally throughout the body. For this purpose, it is surrounded by a soft medium which cannot sustain pressure to any degree, without injury. Yet what is more common, than under the idea of weakness, to roll tightly a delicate babe which just a few minutes before swam in fluid, to preserve it from the pressure of surrounding solids? Obstruction, by this means, is continually made to the freedom of circulation and breathing; and the fruitless efforts made by an infant to relieve itself when bound, not only retards it, interferes with its growth, and wastes its powers, but it is a common cause of that deformity which so frequently and loudly condemns the unnatural practices of nurses. The modern art of dressing not only impedes the growth of children, but most sensibly diminishes their enjoyment;

for every attentive observer must have had opportunities of witnessing the pleasure experienced by the little innocents when undressed and permitted to roll about free and unshackled.



CHAP. XVIII.

Washing with cold water.

The benefit arising from the daily practice of washing the child with cold water from head to foot, is almost incredible. It keeps the child clean and wholesome, and renders the surface of its little body less susceptible of external impressions; whilst it strengthens the nerves, and maintains a sound and healthy state of the pores of the skin, the neglect of which is a principle source of many of the complaints of the present day. The child, in general, may be begun to be washed in the third or fourth week, and the warm water used till then, may be changed for cooler till it be gradually reduced to perfect cold. Children are soon accustomed to it, nor must it be supposed that there is the least danger attending this practice; although, in winter time, the cold water may be tem-

pered a little by standing, for a few minutes, before the heat of the fire, or by reducing the cold to the summer standard by the addition of warm water. Children should not be washed the moment they are taken out of bed, and whilst they are warm and with the pores open; but about half an hour afterwards, when they are somewhat cooler:—another precaution is to wash them quickly, as it is considered dangerous to wet the skin slowly and gradually, though this is the way it is generally done. By this means the reaction of the skin is not excited by the friction; on the contrary, the water having time to evaporate, the child is in more danger of taking cold. By washing quickly and rubbing the body immediately, till it be dry and warm, the benefit resulting from the cold impression will be united with that produced by the friction, and the danger which might otherwise result from repelling the humours, will be entirely prevented by the increased reaction of the skin. Delicate children should be washed in the evening, and put to bed immediately.

CHAP. XIX.

On the use of the bath—cleanliness a preventative of diseases—tepid bath—degree of heat—general observations, &c.

If one thing be more calculated than another to meet the wishes of the present day, with respect to the means best adapted to render the body healthy and robust, and to produce a harmonious and uniform developement of the organs and faculties, it is the use of the bath, than which nothing more contributes to the preservation of health.

Copious perspirations and other evacuations, and the neglect of a proper change of linen, render children very unhealthy, and cover their skin with a kind of acrid dirt, which, if not removed in time, soon discovers itself by a very peculiar and disagreeable smell. It must not be supposed that slightly washing the child will correct and remove this uncleanness when it has penetrated the pores of the skin. This can only be effected by bathing; and when this is neglected, uncleanness is the consequence, which, by its acrid property, impedes the circulation of the juices, and frequently occasions eruptions, as pimples and other diseases of the

skin. Bathing refreshens and invigorates the organs of the skin, which, by the common treatment of children, may soon cease to perform their offices, in consequence of becoming either too soft or too irritable. A child, therefore, will reap a benefit from regular bathing, which, at the present time, is by far too much overlooked. In fact, diseases of the skin arising from flaccidity and many other causes will be prevented by it; and those that are unavoidable, such as measles, small pox, &c. considerably mitigated. The temperature of the bath most healthy for children is between 86 and 95 degrees of Fahrenheit's thermometer, (a little below blood warmth.) The effect of the tepid bath is an uniform circulation and distribution of the fluids, which, indeed, is exactly what is required.

Children, therefore, should be bathed in tepid water; somewhat cooler for strong children—and warmer again for those that are of a weakly constitution; but in proportion to their increasing in strength, the degree of warmth should always be diminished. "In summer," says Hufeland, "the water should be exposed the whole of the day to the sun, which imparts to it the most agreeable and most refreshing

warmth. Rain or river water is to be preferred; if spring water only can be procured, either warm milk should be added to it, or water boiled with two or three drachms of soap and some bran in it. I expressly advise that all the water should not be boiled, lest it lose too much of that air upon which its effect, in some measure, depends.”

CHAP. XX.

Directions for using the bath—daily exposure to the air, by some called the air bath, &c. &c.

For the first two or three months the child should remain in the bath for a few minutes only at a time; which may be gradually increased as it grows older to a quarter of an hour; and at the end of the first year, it may be kept in the bath a little longer. The body while in the bath should be rubbed gently with the hand and with a sponge; and when removed out of it, the most particular attention should be paid to rubbing it dry, previous to putting on the clothes, which ought to be well aired and ready at hand. For it is well known, that nothing produces such

penetrating and prejudicial cold, as the evaporation of water; and the difference is very sensible between being actually in the water itself, and having water upon the skin. Cold taken in this manner must be more injurious, because it immediately succeeds the bathing and opening of the pores of the skin. The evening is the best time for washing, because the child may afterwards be put to bed. The child should not be bathed immediately after eating, nor in cold weather, should it be exposed, after coming out of the bath, to the cold air.

The air-bath, which has been termed a third description of bath, is equally indispensable; viz. the enjoyment of free air by children.

Children ought to be taken out daily, the weather permitting; and this practice continued regularly would gradually accustom the child, without its receiving any injury, to raw and unwholesome air, to which the body soon ceases to be familiar if not regularly exposed to it. A few days confinement is enough to render the influence of the air quite different, and to make it necessary to prepare the child before it can again be exposed. Some precaution, however, is necessary when

children are only a few months old. Children born in spring or summer may have the greatest advantage of being much earlier exposed and rendered familiar to the air. It would be well, however, either winter or summer, to avoid moist windy weather.

The weather has less influence on children as they become older, and is at all times attended with the best effects, under proper regulations.

It is equally incredible and extraordinary, what a beneficial influence such simple means, as the early habit of washing with cold water, bathing and exposure to the air, will produce on the whole frame and physical formation of children; and how different in every respect children treated in this manner will appear from others who are less scrupulously attended to.

CHAP. XXI.

On the use of the cradle—its advantages and disadvantages, &c.

Rocking has its advocates as well as its opponents—by some it is represented as perfectly salubrious and harmless;

by others, as rendering children stupid and heavy. Rocking appears to be more natural to young children than a state of quiescence—there may, however, be extremes on both sides. Violent rocking must be injurious—it may weaken the nerves and the head, and produce, mechanically, a diminution of the strength of the body. The moderate and gentle use of the cradle, on the contrary, must appear to every one, to be the most harmless and most suitable motion for the first period of life, as most analogous to a previous state of existence. There is one disadvantage, however, arising from this practice, viz. children get so accustomed to it that they can rarely be put to sleep without it; and they require, in consequence, an almost constant attendance, for the moment they awake they begin to cry, and continue until they be rocked to sleep again. Whereas children accustomed to sleep on the bed, will remain comfortable and quiet for hours after they have awaked; and, however beneficial the cradle may be, nurses are too apt to consult their own comfort by adopting that mode which ensures them the longest indulgence and repose. The cot, it would seem, has many advantages over the cradle, independent

of the noise inseparable from the latter. This is well known, and requires no remark. People in general will be guided much by their own caprice, as well as convenience, in the choice of either the one or the other.

CHAP. XXII.

Cause of the crying of young children.

Upon enquiring into the cause of crying in young children, it will not always be found to be expressive of pain or uneasiness. On the child first coming into the world, its first intimation of life is announced by crying, which simply confirms its existence and little more. Instead then of giving us any anxiety, we rejoice at it, and with reason, as it is the indication of the vital powers and healthy lungs. The sensation excited by it, in the breast of a mother, exhausted with the fatigues concomitant on labour, may be better felt than described.

Mothers and nurses are sometimes exceedingly alarmed when the child cries, and frequently attempt to soothe it, as they imagine, by means injurious to its health. A number of the actions of very young children are merely attempts to exert

their strength. When they are being dressed, they struggle with their arms and legs, and often move them about with great violence. Who can then suppose that the child cries from pain or uneasiness? This, however, is generally the inference drawn when they do cry; although, in most cases, it is nothing more than an effort to exercise the powers of the lungs and the organs of respiration. If children were, or could be, prevented from crying, their chest might be less strongly formed than they otherwise would have been--here then the seat of obstructions and other complaints might be formed. But if crying should proceed from a sensation of pain or sickness, it may often be the best means of removing it.

Crying is frequently occasioned by flatulencies which press upwards towards the stomach, by which, or the pain thus produced, the child is involuntarily forced to attempt relieving them, by drawing its breath with unusual efforts—that is, by crying.

So far, therefore, from crying being hurtful, it is often extremely beneficial.

How improper, then, it is to suppose that every time a child cries, that it requires assistance—and what useless and

prejudicial means are, on these occasions, generally resorted to ! for example, something to eat, or even to drink, is what is most commonly given ; by which means, the child contracts the bad and troublesome habit of perpetually craving for things of this kind. The child again is frequently taken up, and carried about in the arms, and thereby exposed, particularly during the night, to the danger of repeatedly taking cold ; which may occasion considerable more injury than possibly could have resulted from the effects of crying ; which nevertheless may sometimes proceed from causes deserving of every attention ; for instance, when the child cries for any length of time, or with great violence ; or when it draws its legs towards the body, a circumstance indicating colic, or when the mouth is painful from teething, or whenever there are any evident signs of sickness, or when it cries periodically.

But admitting that all these consequences do not take place, too anxious attention to children produces this effect ; viz. the child soon discovers that its crying has a meaning, and that it always procures it something ; it cries, therefore, more instead of less, and always for some object ; independent of this, the ground is

laid for obstinacy of character. It has been invariably remarked that those children cry most, to whom most attention is paid, while, on the contrary, those little attended to soon cease of themselves.

Too anxious or too solicitous an attention to children, has a certain tendency to cripple them, both physically and morally. Daily experience teaches, that precisely those children which are least attended to, thrive the best, and soonest develop their faculties; consequently, they acquire a greater degree of firmness, strength and usefulness, while the loss of many a favourite child, is, in general from debility and imperfection. "The first rule in every system in education," says a very respectable author, "is never to forget that man is an independent being: that his physical and moral qualities develop themselves of their own accord, with whose nature he should, as soon as possible, be made acquainted, that he may become what nature intended, and not what the caprice of art may suggest." The treatment of children, therefore, principally requires, that they should be minutely observed and guided in all their actions, without their perceiving it.

CHAP. XXIII.

On the diet proper for children at different ages, &c. &c.

The power of digestion in infants is very weak, and the food designed for them in the earliest period of their existence by the author of nature, contains but a very small quantity of nutritious matter diffused throughout a large quantity of water, yet quite sufficient for all the purposes of life. It is taken slowly into the stomach by the act of sucking, and a quantity of saliva is secreted and swallowed with it. Nothing can be more contrary to this intention than to stuff a child's mouth and stomach with solid food, or even to pour down its little throat, with a spoon, milk and bread, or any other solid matter, without sucking, chewing, or its being blended with the saliva of the mouth, so necessary to promote a free digestion. To give an infant the best chance of life, it should live exclusively upon the milk of a healthy woman, and that woman should be its mother, if she is healthy and capable of nursing. Scarcely any thing will compensate for the want of this natural support.

Asses milk is the best substitute for that of the mother—cow's milk is too rich, as

it contains much oily and cheesy matter; and it forms, by means of the gastric juice, into a thick firm curd, which is not digestible by the stomach of an infant. Diluting it with water does not entirely prevent this; therefore, when ass's milk cannot be procured, it is best to mix cow's milk, previously skimmed, with two thirds or three fourths of its measure of gruel made with pearl barley, grits, rice or arrow root. When it is mixed in this manner it does not harden in the stomach as when mixed with water alone, but forms a thick fluid. As a child advances in age the proportion of milk may be gradually increased. When this food does not agree with a child, weak mutton, chicken or beef broth, clear and free from fat, mixed with an equal measure of any of the mucilaginous or farinaceous decoctions above-mentioned, may be tried.

As soon as a child has cut any of its front teeth, solid farinaceous matter, boiled in water, beaten through a sieve, and mixed with a small quantity of milk may be employed; and then for the first time the child should be fed by hand. If cow's or ass's milk does not agree, weak broth may be substituted. With some children no form in which cow's milk can be given will agree; but the stomach will digest fari-

naceous decoctions mixed with a little cream, which will not coagulate there.

When the grinding teeth have protruded through the gums, the child should live upon farinaceous matter, mixed with milk, or weak broth, but the bread need not be beaten through a sieve, because the child has now an apparatus for grinding it. Solid animal food should not be eaten until the child has all the canine or dog teeth, and then in small quantity, and only once a day. The animal food given to young children, should be plainly roasted, or boiled, hot or cold; fried and boiled meats, and all food heated a second time by hashing or mincing, being less digestible, should be avoided.

Water, either simple, or with toasted bread infused in it, or rennet whey, is the best beverage for children. Stimulants, such as wine, &c. are detrimental to children, and should never be given unless in disease, and then under the directions of a medical man.

CHAP. XXIV.

Sleep.

Whatever may be alleged to the contrary, it is always a favourable indication when children sleep much and quietly; and it

is no less a duty, as much as possible, to let them enjoy this passive, though important recreation. Nourishment and sleep, the two greatest restoratives of life, should be allowed in more liberal proportions to children than to grown people. They are more necessary for the developement of their growth than for their actual support. In this respect, sleep is of equal importance with diet itself; it is even more beneficial. It suspends, for a time, the influence of whatever may irritate either mind or body; to both of which it affords an opportunity of obtaining a fresh supply of vigour. By promoting a gentle and uniform circulation of the blood, it facilitates the digestive process by which means nourishment is taken up into the system, and by which it is abundantly and uniformly conveyed to every part of the body.

The younger the child the more requisite is sleep. In proportion as the frame acquires strength, so the power and the want to remain longer awake are also increased; but every inclination to sleep should be encouraged.

A child about six months old may be more regularly accustomed to sleep at certain times. It may be suffered to sleep the whole night, as well as a few hours before and after dinner. As night, how-

ever, is the fittest season for rest, children should be accustomed as early as possible to sleep at this particular time. During sleep all external impressions, as light, noise, &c. should be avoided: and when children cry to drink, or to be nursed, it is necessary not to give them immediate attention.

At the end of the second year, perhaps earlier, the child of its own accord may lose the inclination to sleep before dinner. In this respect nature may have her own way. Sleep after dinner, may, on the contrary, be allowed until the third year, or even longer, provided the child show a very strong inclination for it; for, till then, the half of existence (twelve hours in the twenty-four) may be considered as necessary for sleep. In the seventh year, sleep may be reduced to eight or nine hours, which may remain without alteration till manhood.

It is extremely injurious to waken a child out of its sleep either suddenly or by force. The transitions effected by thus rousing them operate as a powerful shock upon their delicate organisation, independent of bringing on cramp and convulsions — and, if frequently repeated, may give a convulsive character to the

whole nervous system, that is, a disposition for the remainder of life to nervous attacks. Neither should children, immediately on waking, be exposed to a bright light or dazzling wall, as these impressions are liable to affect the eye too powerfully after the light has been some time concealed from it, and may thus tend to weaken the sight in early childhood. It is also important that children should not be suffered to remain long in bed after their sleep is over.

With respect to the health of children, it would be a judicious regulation to send them early to bed—nine o'clock at most—that they may get up in the morning as soon as they begin to bestir themselves.

It is of much importance, and cannot, in fact, be too strongly recommended as a principal point in the physical treatment of children, that the chamber in which they sleep should be well ventilated, high, airy, and exposed to the sun, which contributes much to the wholesomeness of a room. The beds best adapted for children are mattresses, as they are more favourable to their straight growth than beds made of feathers, which have quite a contrary tendency, as well as a disposition to contract and retain impure smells, to relax the

body by too great heat, to dispose the skin to perspiration, and the whole system to cold and rheumatic complaints; and what is still worse, they cause distortions and crookedness of the spine by yielding too much and too readily to the super-incumbent pressure; and also induce the child to sleep in a crooked position. Mattresses of straw or horse-hair are not liable to any of these objections. Children should lie in a horizontal position, with the head moderately raised.

CHAP. XXV.

Exposure of the head.

The hair being the natural covering of the head, it follows that a child, as long as it is without hair, should have its head covered with something: but whenever the hair has arrived at that state of perfection that such coverings can be dispensed with, the child should be suffered to do without them. It is not now so much the custom as it was formerly to wrap up the heads of children; and few changes in the management of them have been attended with such decided advantages;—among which may be enumerated the less frequent appearance of scald-head; fewer coughs and colds; the hair grows more

plentifully, the whole body is more active, and the mind itself appears to take a more lively interest in all surrounding objects.

It has been medicinally proved, that, leaving the head uncovered, promotes a free perspiration, moderates too strong a congestion of the juices towards this part, strengthens the whole nervous system, and even hardens the bony substance of the skull. Consequently, this habit protects the most important part of the human frame from diseases and attacks of every description; whilst, on the contrary, the former practice of keeping the head warm, rendered it the seat of weaknesses, morbid matter, and accumulation of blood, and therefore, upon the whole the weakest part of the body.

To carry children about with their heads uncovered at too early a period, or at certain seasons and times of the year, would be falling again into the other extreme. Nor is cutting of the hair of the least importance. To remove at once, and quite close, the hair of a child whose head is covered with a great abundance of it, is equally as dangerous as to let it run about with its head uncovered, after it has been accustomed to wear a warm covering upon it. Many instances are known where children that have already had scald-head, have had

an immediate return of this disease, in consequence of the hair being cut off in this manner. Sudden changes, therefore, with respect to the hair, are to be avoided; the time of the year, state of health and other circumstances, should invariably be attended to. The appearance of the head, in every respect, is certainly more in favour of floating picturesque ringlets, than where it is covered with short rough bristles, which hitherto have almost universally been held as a mark of slavery and disgrace; whilst, on the contrary, long hair, flowing in locks, has ever been considered a characteristic of dignity and freedom.

CHAP. XXVI.

Directions relating to exercise, and learning children to walk, &c.

It is generally about the tenth month, sometimes sooner, that children are begun to be taught to walk—indeed, there would little harm arise were this deferred until weaning time, which depends much upon circumstances, as, if this exercise be commenced too soon, the parts supporting the body are liable to become weakened as well as deformed. The arms and legs, however, at all times, ought to be left free and unrestrained. If a child be made to walk too

soon, deformities may be occasioned by its seeking to support one knee against the other. It would be well, therefore, to wait until the legs are fortified and adequate to bear the weight of the body. The method usually adopted of learning a child to walk is by means of leading strings—and this has its disadvantages by accustoming them to incline the body too much forward, which they are the more readily induced to do, from finding themselves supported, as well as to put their shoulders, out of that just symmetry which should be preserved. It would, on the contrary, be better to teach them to walk of their own accord, which may be effected by holding out something to them at a short distance; the desire of obtaining it generally makes them forget the little danger of going to procure it alone. The distance may be increased by degrees, until they acquire a habit of walking without any inconvenience. A small cushion or pad, fixed round the forehead, projecting a little farther out than the nose, which in the event of stumbling, may protect the face, as much as possible, from the effects of the fall, as well as defend the head from several other little shocks to which this important part might otherwise be exposed, is not without its uses.

Children ought never to be put in places where they are likely to fall, neither should they be trusted too early to the care of other children, who might let them fall, which is frequently the case, and not always with impunity. All kinds of instruments that might wound them dangerously should, in like manner, be kept out of their way. It is also prudent never to leave them too long by themselves; in this case they are apt to become fatigued and restless, and give themselves up to violent fits of crying, which should be guarded against as much as possible; also to keep them in good humour and cheerfulness, which it becomes a principal duty of the nurse to attend to and to promote by every means in her power.

Children are liable to many disorders, which, if not peculiar to them, are very much modified by the circumstances of infancy and childhood, and which will often prove dangerous, and even sometimes fatal, notwithstanding the best care and attention.

CHAP. XXVII.

On weaning of infants.

A principal article under this head is the age at which weaning should take place:

and this will depend greatly upon attending circumstances. A child ought to be in good health, especially in regard to its bowels; and, doubtless, ought to have cut at least four of its teeth—unless that process should commence unusually late. This seldom takes place until it is near a twelve-month old; and it may be observed, that healthy women who suckle their own children, and take proper exercise, do not usually become pregnant again in less time, and which I have considered as one intimation of the properest period. We shall not be very wide, therefore, of the order of nature, if we say that children in general ought not to be weaned much earlier than this; making proper allowance, however, for all just exceptions to general rules—and especially as far as teething may be concerned. Small weakly infants, if rather feeble than ill, are oftentimes benefited by being weaned; they should therefore, about this age, be taken from the breast, instead of being, on account of weakness, nourished much longer in that way: a trial of such a charge, should, at least, in some instances be made.

THE MOST ORDINARY DISEASES OF CHILDREN; TREATMENT, &c.

Retention of the Meconium, or first Stools.

This is the dark coloured viscid matter continued in the bowels of all infants at their birth, and is usually discharged during the first two or three days, in consequence of the mother's first milk acting as an aperient. This is one reason why children should be put to the breast as early as possible. When the meconium does not come away in the course of a day or so, the aid of medicine may be necessary, and the best that can be employed is a tea-spoonful or two of castor oil. Some give a solution of manna in water, or equal parts of oil of almonds and syrup. If these do not act readily, a clyster of thin gruel, with a little olive oil and common salt, may be thrown up into the intestines; generally, however, there is little occasion for this.

The Yellow Gum, or Jaundice of Infants.

This disease affects many children at or soon after their birth, and usually continues some days. When the child is prevented from sucking it sometimes proves fatal. It is, for the most part, early removed by giving some gentle laxative to clear out

the intestines—the mother's milk is often sufficient; where this does not answer the purpose, a tea-spoonful of castor oil may be given occasionally.

Excoriations and Relaxations.

In consequence of the neglect of proper cleanliness, children are very apt to become chafed in the wrinkles of the neck, behind the ears, and in the groins. To remedy these occurrences, the excoriated parts may be bathed three or four times a day with a little warm milk and water. Where the excoriation is considerable, a wash composed of two parts of water and one of brandy may be used—a little cooling ointment spread on fine lint may be employed as a dressing. In removing excoriations, caution is necessary in managing discharges behind the ears, as bad consequences often ensue from using applications to dry them up too soon.

Hiccups.

Some infants are much troubled with hiccups, which arise probably from acidities in the stomach, or from some nervous irritation. In the first case a powder composed of eight grains of prepared chalk and two grains of rhubarb may be of service. In the latter, a few drops of pa-

regoric. In some instances, a little plain vinegar has proved an effectual remedy. When the complaint is severe, or returns frequently, it may be advisable to rub the stomach with soap liniment, to which a little tincture of opium has been added.

Eruptions of the Skin.

Children at the breast are very liable to slight eruptions, particularly during the first month: these, no doubt, serve to relieve the body of some acrimonious humour. Of this kind is the red gum which consists of small red spots, usually confined to the face and neck, but in some cases extending to the hands and legs, and even over the whole body, appearing in large patches, and sometimes raised considerably above the surface. Now and then it shows itself in the form of small pustules, which are filled with a limpid, or sometimes with a purulent or yellow fluid. All that is generally necessary in this complaint, is to give a little magnesia or some testaceous powder (powder of crab's claws or oyster shells) according to the state of the bowels, and to keep the child moderately warm to prevent the rash from striking in upon the first passages, which would be attended with sickness and purging, till, perhaps, the

eruption appear again on the skin. Where the eruption is repelled, and when, in consequence of this, there is sickness at the stomach, or any disposition to fits, some light cordial, such as a few drops of the aromatic spirits of ammonia, wine or brandy, may be given twice or thrice a day, and the child's feet, or perhaps the whole body, put into warm water. Care is necessary to prevent eruptions from being driven inwards, and whenever this is the case by all means to effect their reappearances.

There is another eruption known by the name of milk blotches, which often puts on a very unpleasant appearance, but which, nevertheless, is of an innocent nature; and, it has been observed that those who have been much loaded with them have usually been healthy, and have cut their teeth easily. These, however long they may continue, never excoriate or leave any scar on the parts. They appear first on the forehead and sometimes on the scalp; and then often extend half way over the face in the form of large loose scabs, which, as the disorder increases, appear not unlike the dried pustules of the small-pox;—the rash generally disappears of itself when the child has cut three or four teeth.

There are other eruptions to which children are subject, occasioned probably by the irritation of teething, particularly while the double and eye teeth are cutting. These, with some exceptions, as when there is much fever, only require a proper attention to be paid to the state of the bowels.

A slight species of nettle rash is another eruptive disease to which infants are liable; which, in general requires little attention, as it often disappears in a few hours.

In all eruptive complaints of infants, their taking cold ought to be carefully guarded against, and the belly should be kept open; and, whenever the eruption strikes inwardly, every means should be used to reproduce it on the surface of the body. In consequence of some bad quality in the milk of the person who nurses the child, it sometimes happens that an eruption breaks out.

Acidities, Gripes and Flatulencies.

A costive habit of body is very apt to occasion flatulency and griping pains in infants. This, therefore, ought to be obviated by giving twice or thrice a week, as occasion may require, a small quantity of castor oil, or a few grains of magnesia; or a spoonful of water sweetened with a

little syrup of roses or manna; or, in order to render it warmer and quicken its operation, a few drops of the tincture of senna; either of these is preferable to rhubarb, which possesses too restringent a power, that is not to be counteracted even by joining it with magnesia;—but where flatulency is attendant upon a lax state of the bowels and indigestion, the following will be of service—Rhubarb, six grains—magnesia half a drachm—spirit of nutmegs half a drachm—cinnamon water two ounces. A table-spoonful of this mixture will generally open the bowels of an infant six months old; and a tea-spoonful given occasionally will be found an excellent corrector of acidities and the gripes consequent upon them; as well as an admirable carminative for the flatulencies of children in general.

Of Vomiting.

When what has been taken into the stomach is thrown up crude and unaltered, it may be expected to arise from over-feeding, and to require nothing more than temperance for its cure. Where there is vomiting of digested food, it will be right to change the mode of diet, or to open the body with some mild laxative. If these means do not answer, and

the vomiting continues, it will be proper to clear the stomach by a gentle emetic (a tea-spoonful of antimonial wine every ten minutes until it operates, or ipecacuanha wine in proportion to the age, &c.) after which a little thin gruel, with two or three drops of opium in it, may be given from time to time.

Looseness of the Bowels.

There are many causes which may and actually do occasion a looseness in infants; and perhaps in the greater number of instances it is brought on either by too much or unsuitable food, in which cases a diligent attention must be paid both to the choice and regulation of the diet. When the stools continue to be more frequent than they ought to be, and are either slimy or tinged with blood, a few grains of rhubarb and magnesia may be administered and continued at intervals, after which a pap-spoonful of the following mixture, morning, noon and night, viz. — Chalk mixture, two ounces—cinnamon water, one ounce—tincture of kino, one drachm—tincture of opium, from ten to fifteen drops. In the mean time proper nutriment may be given to the child to recruit its strength. Flour, sago, or rice boiled in

milk, together with the jelly of a calf's-foot, or isinglass, with a small addition of wine, under such circumstances, will be good articles of diet.

The Thrush.

This disease, when recent and confined to the mouth, may in general be easily removed; but when of long standing, and extending down to the stomach and intestines, it very frequently proves fatal. It will be proper on the first appearance of the thrush to give an emetic, even in slight cases; but where the cheeks, and the inside of them, are of a dark colour and beset with them, clearing the stomach of the crude juices and acrid matter, will be likely to prove highly useful. Powdered oyster shells and crab's claws may afterwards be given in frequent and small doses. If the child be of a costive habit, a little magnesia may be advised; on the contrary, if its bowels are rather loose, two or three grains of the compound powder of contrayerva may be given. The testaceous powders are to be administered three or four days successively, then something more laxative may be given, to carry down the scales as they fall off from the parts previously ulcerated. In

mild cases, rhubarb is regarded as the best medicine. To keep the mouth clean and comfortable, and to prevent as much as possible any injury to the nurse, as well as to dispose the sloughs to fall off, and incline the parts underneath to heal, the following application will be serviceable; viz. borax or alum powdered, two drachms to an ounce of honey. If the thrush extend to the intestines, it may be advisable to sheath the parts by emollient clysters, repeated twice or thrice a day. When there is any excess of purging, the medicines advised in looseness will be necessary.

Falling down of the Fundament.

This is often met with in children of weak habits, or in those who have been much afflicted with severe purgings. It is also a frequent consequence of irritation of the rectum, arising from the nestling of maw-worms in the gut.

Much advantage in this case has been experienced from astringent injections, particularly of an infusion of galls and oak bark; and, when a small proportion of opium is added to the liquor it tends greatly to lessen the irritation in the extremity

of the gut. To replace the protruded parts, they should be well fomented with a decoction of poppy heads, after which a gradual and general compression is to be used to reduce and place them within the rectum. In children it is often difficult to reduce the last folds if the finger is pushed through the orifice, for when it is withdrawn the gut slips down. A piece of paper moistened and oiled in the shape of an extinguisher, placed on the point of the fore finger, to push up the large portion within the anus, will slip out easily without bringing down the gut with it. Another way is by using a piece of gut distended with air, which may be pressed up to put the protruded parts in their place—and when the air is let out of the distended gut, it may readily be brought away without the falling of the fundament recurring.

The child should not be permitted to strain, nor take the usual position at stool. It should be kept in the erect posture, and the hips held together by an assistant, so as to compress and support the gut during the evacuation.—With a view to strengthening the parts, the cold bath in a general way, as well as throwing cold water over the back and buttocks, may be

used—with the use of internal tonic medicines, such as peruvian bark, myrrh, steel, &c.

The Weaning Brash.

This disease occurs in children that are weaned too early, or such as are attempted to be reared without the breast, and also where improper food is given with or without sucking. It commences with frequent griping and purging, in which the stools are usually of a green colour, and is often accompanied with bilious vomiting. If attended to in time, the weaning brash may in general be removed; but, if neglected, it frequently proves fatal before the sixth or seventh week.

A proper attention to diet constitutes the first point to be attended to for the removal of this disease; and, above all, a return to the natural food, the mother's milk, when circumstances will admit of it. Where this is not the case, animal food, in the form of broth or jelly, should principally be employed. Vegetable food must not be given, neither fruits, acids, nor compositions of which butter and sugar form a part. Pure air, exercise, gentle frictions, and frequent washings of the body, with tepid or cold water, will be good preventatives.

Flannel worn next the skin, worsted stockings, and every precaution against cold irregularly applied, should be attended to. The employment of a warm bath, of a temperature from 90 to 100 twice or thrice a week, has been recommended.

For the cure of this disease, occasional gentle laxatives, with the testaceous powders and aromatic medicines interposed, together with small doses of ipecacuanha joined with the submuriate of mercury seem most advisable.—E. g.

Take powder of Ipecacuanha, one to two grains; ginger in powder, three grains; submuriate of mercury, half a grain to two grains; mix them, and divide them into four doses, of which the child may take one each or every other night.

Teething.

Of all the diseases to which children are liable, not one is attended with such truly distressing symptoms as difficult teething. With regard to the time of cutting their teeth, no fixed or exact period can be laid down, as some cut their first tooth at three or four months old, while others again have not the smallest appearance of a tooth before the eighth or ninth month. Teething, in the majority of children, generally be-

gins between the fifth and eighth month, and the process of first teething commonly continues until the sixteenth at least. The two fore-teeth of the under jaw are those which usually appear first, and after these, two more are observed coming out of the upper jaw, exactly opposite to the former—these are succeeded by the fore grinders, then the dog-teeth; and the last, of an infant's first teeth, the eye teeth; making sixteen in all. This, it is well known, is the ordinary number of a child's first teeth, as they are called; but some infants cut four double teeth in each jaw, instead of only two, making the whole number twenty.

In strong healthy children the process of teething goes on in the manner just described, and the teeth are cut soon and easily; but, in unhealthy and weak infants, this process is both slow and uncertain.

The well known symptoms preceding teething are familiar to all mothers—such as dribbling, swelling and spreading, and heat of the gums, redness of the cheeks, with eruptions on the skin, especially on the face and scalp; the child is watchful; a looseness ensues with griping green stools; is peevish, starts during sleep, and seems convulsed in particular parts of the

body. In almost all cases the child shrieks and thrusts its fingers into its mouth, &c.

Many of the evils of teething are often prevented by a spontaneous looseness coming on—and in children of full habit it might be well to excite this artificially where it does not naturally occur. Where there is considerable fever, drawing blood by scarifying the gums in the neighbourhood of the parts affected, and applying leeches behind the ears, are often practised and not unfrequently with advantage. In some instances blisters may be substituted instead of leeches, with a good effect.

Opium is sometimes resorted to for the purpose of allaying pain and irritation during difficult dentition, but the practice should be adopted with due caution. Dalby's carminative, Godfrey's cordial, soothing syrups, in fact, all such quack nostrums containing opium, which constitutes their chief ingredient, ought to be banished from the nursery as unsafe; and without any other, if any, than a temporary benefit, which may, at all times, be procured by less hazardous means.* In-

* These articles, independent of the spurious quality of them, are so uncertain and often so unsafe in the effects they produce, that it would be well were they more cautiously administered:—at least,

stead of these, a tea-spoonful of the syrup of poppies will be the safest opiate that can be administered in cases of urgent necessity. It is unfortunately too much the practice of nurses to give some of the preceding or other preparations of opium in the watching and complaints of children, that their own rest may not be disturbed. This practice is fraught with evil, and merits the severest censure. The practice of giving children coral and other hard substances to put into their mouths, during the period of teething, is improper, as they occasion hardness of the gums. A piece of small wax candle or a crust of bread is much better. Pure air, proper exercise, wholesome food, an open belly, and every thing that has a tendency to promote general health, and to guard against fever, will greatly contribute to the safety of teething, as well as to the child passing quickly through this dangerous period.

Convulsions.

These are generally produced either by a lodgment of some acid matter in the

to infants, nurses should not be allowed to use them discretionally and indiscriminately. The syrup of poppies of the shops, when properly made and fresh, is to be preferred, as possessing the same property with less risk.

intestines or wind pent up; or they arise from teething, worms, the sudden striking in of a rash, or the accession of some constitutional disease; for example, the small pox, scarlet fever, &c. Any trifling matter will induce symptomatic convulsions in some children, while others will withstand a great deal. The younger and more irritable the infant is, the more liable will it be to these convulsions, especially from any considerable disturbances in the first passages. Where the intervals are short, although the fit itself be not long nor violent, the disease is to be considered as more dangerous than where the paroxysms are attended with long intervals.

The principal treatment in convulsions consists in removing the cause that has given rise to them. If they are occasioned by improper food or indigestion, a gentle emetic may be given, and for this purpose a weak solution of tartarized antimony* may be employed, in the quantity of a tea-spoonful every ten or fifteen minutes until the desired effect may be produced. When they are supposed to proceed from acrid matter in the bowels, a laxative clyster, assisted by some gentle aperient given by the mouth, such as calomel, followed by a little senna tea, with a little tincture of

* Three grains to four ounces of water.

jalap—if from flatulency, carminatives or the cordial waters possessing the power of expelling wind; and, if from teething, whenever the tooth can be discovered working through the gum, scarifications may be made with the edge of a lancet immediately over it; and this operation should be repeated for several successive days, till either the tooth make its way, or the convulsions cease; and where scarifications are not found to answer the purpose, the tooth may be cut down upon and liberated in every part.

Worms have been considered as a cause of convulsions; in these cases those remedies used in expelling worms* may be had recourse to. Should convulsions have arisen from the sudden disappearance of a rash, or the drying up of a discharge behind the ears, the re-appearance of these ought to be promoted. In those convulsive attacks which frequently precede an eruption of the small pox, nothing will be required but the free exposure of the child to cool air. Cold water thrown over the face, the body placed in a horizontal position, tends frequently to shorten an individual paroxysm. It is only in cases of the most urgent necessity that a small

* See worms, page 87.

quantity of the syrup of poppies, or a few drops of the tincture of opium, should be hazarded.

For the removal of what nurses call inward fits, a few drops of antimonial wine, according to the age of the child, is recommended by Dr. Armstrong; but all that appears to be necessary, is, to take up the child when it sleeps too long, and when the smile on the countenance return soften, with any of the other symptoms, to tap it softly on the back, rubbing its stomach and belly well before the fire. This gentle exercise will bring a little wind from the stomach (which is supposed to be the cause of the complaint) and the child will then go quietly to sleep again. Should these simple means not be sufficient, a drop or two of the oil of anniseed or carraway, on a bit of white sugar, may be given to it.

Measles.

This disease is an inflammatory infectious fever, attended by cough, sneezing, a discharge of thin humours from the eyes and nose, and a determination of thin acrid matter to the surface of the body, showing itself in red spots over every part of it, but which never suppurate, but go away in a mealy scaling of the scarf skin after a few days continuance.

The scarlet fever sometimes resembles the measles so exactly as not to be easily distinguished from it — and this is of much importance, as the method of cure in the two diseases is extremely different.

The eruption of the mild kind of measles is usually preceded by a chilliness, succeeded by heat, thirst, anxiety, pains in the head, back and loins, heaviness and redness of the face and eyes, with an effusion of tears, swelling of the eyelids, nausea, and probably vomiting of bilious matter, accompanied with dry cough, frequent sneezing, and an acrid watery discharge from the nostrils.

About the third or fourth day small red spots, something like flea-bites, appear like clusters about the face, neck and breast, and in a day or two more the whole body is covered with them. The fever nevertheless does not abate, but on the contrary is usually much increased until the scales begin to fall off.

On the fifth or sixth day the spots, from a vivid red, are changed to a brownish hue, and they begin to dry away about the face;—about the eighth or ninth day, they disappear on the breast and other parts of the body. About this period it is no uncommon occurrence for a looseness to ensue.

The consequences attendant on measles are frequently more to be dreaded than the disease itself; for, although a person may get through it, and for sometime appear recovered, consumption, hectic fever, obstinate sore eyes, a disposition to scrofulous complaints, where such exist in the habit, fatal diarrhœa, (looseness) dropsy, &c. often terminate the career.

After the disappearance of the eruption it will be proper to give one or two doses of some cooling opening medicine. Throughout the whole course of the measles, the patient ought to be confined to his bed, and to avoid any exposure to cold air, which might drive in the eruption. Yet increased heat should be guarded against by not overloading the patient with bed-clothes, or not allowing sufficient air in the bed-chamber.

As a weeping from the eyes and slight complaints of them are apt to ensue after the measles, it may be proper to wash them occasionally with a little rose water, in which a few grains of the sulphate of zinc (a grain of the latter to two ounces of the former) has been dissolved, and to avoid exposure to any glaring light. The syrup of poppies may be given to children to allay the cough, &c.

In formidable cases of measles the at-

tendance of some respectable medical practitioner is indispensably necessary.

Scarlet Fever.

This disease, which takes its name from the colour of the patient's skin, attacks persons of all ages, but children and young people are most subject to it.

About the fourth day of the disease the face is a little swelled—a florid redness in large spots, afterwards uniting together, spreads partially over the skin, and in three days or more it goes off in scales, often succeeded by dropsical swellings of the feet.

Scarlet fever is of a very contagious nature; and the disorders to which it bears the greatest resemblance are the measles and putrid sore throat: from the former, however, it may be distinguished by attending to the following circumstances. The redness in scarlet fever generally appears on the second day of the fever; in the measles it is seldom very evident until the fourth. It is much more full in the former disease than in the latter, and consists of innumerable points and specks under the scarf skin, forming in some cases an uniform flush over a considerable extent of surface. In the measles, the rash is composed of circular dots, partly dis-

tinged, partly set in small clusters and patches, and a little elevated, so as to give them a rough feel when the finger is applied to them, &c. The colour of the rash is also different in the two diseases, being of a vivid red in the scarlet fever like that of a boiled lobster-shell; but in the measles a dark red, with nearly the hue of a raspberry.

Scarlatina in its mild state is not usually attended with danger; and when wholly unattended by any inflammation or ulceration of the throat, little more will be requisite than to keep the apartment clean and open; to enforce a light diet, without animal food; to give cooling acidulating liquors (cream of tartar half an ounce to a quart of water, rendered palatable by the addition of sugar) for common drink, and to administer gentle medicines suitable to the circumstances as they present themselves.

We are informed upon good authority, that sponging the body, during the hot stage of scarlet fever, with cold water and vinegar, and allowing a free current of air into the room has been attended with the best effects. But as the regulation and management of these things are the province of the physician, it would be superfluous to dwell upon them here for the information of mothers and nurses to

whom this little work is chiefly designed in the absence of the faculty, or until medical advice can be obtained, when required.

Hooping Cough.

This disease is among the least equivocal to which children are subject, and therefore requires no detail. When the complaint has reached its height, it usually continues for some weeks longer, and at length goes off gradually. In some cases it is however protracted for several months or even a year.

In mild attacks of the disease, where the cough and difficulty of breathing are not immoderate, it is advisable to take away some blood by applying a sufficient number of leeches to the chest, and repeated if necessary.

Where there is much difficulty of breathing, or when the disease comes on with more than usual violence, a couple of leeches applied to the forehead, or one to each temple, and repeated, if symptoms not abated, with the following powder three times a day; (to a child between two and three years old); viz. rhubarb, in powder, one grain and a half; calomel, half a grain; ipecacuanha, half a grain—this has caused

the hooping to subside, with easier breathing and less pain in the head, in fact, has cut short the disease entirely. Where the appetite is bad, with thirst, the motions dark and offensive, with feverish symptoms at night—add, instead of half a grain of the calomel to the above powder, one grain of calomel: and take two tea-spoonfuls of the following mixture, every two hours—tartarized antimony, one grain; treacle and oxymel of squills, of each three drachms; water four ounces.

A blister has been recommended at the commencement of the disease when there is much difficulty of breathing; but the preceding treatment deserves a trial before such a step be resorted to.

Some practitioners have recommended the lower part of the stomach to be rubbed very frequently with a stimulating embrocation, viz. tartarized antimony, one scruple; pure water, two ounces; tincture of spanish fly, half an ounce; and the part afterwards covered with flannel. Inhaling the steam of warm water with the addition of a little vinegar or æther twice or three times a day, may be of service, where the hoop and cough are violent. As the bowels are generally costive, they should be opened with gentle laxatives, such as

senna tea with manna. Stewed prunes and roasted apples, which children eat readily, will often answer the same purpose.

The following medicine has been recommended by Dr. Pearson to be given in whooping cough, after the accumulated phlegm has been brought away by an emetic of antimony wine, viz. to a child between one and two years, five drops of ipecacuanha wine, one drop of the tincture of opium, and two grains of the carbonate of soda, to be made up into a small draught with syrup and water, and repeated every fourth hour for several days, removing costiveness by the submuriate of mercury and rhubarb. (Vide p. 80.)

Bathing the feet frequently in warm water has been supposed to afford relief in many cases—a lukewarm bath is sometimes serviceable—change of air is often attended with the best effects.

Young children should lie with their head and shoulders raised, and continually watched, that when the cough comes on they may be held up, so as to stand upon their feet, bending a little forward to guard against suffocation. Their diet should be light and such as is easily digested—and mucilaginous drinks should be given freely.

The Croup.

The croup does not appear to be contagious, but it sometimes prevails more generally at certain seasons of the year. Cold seems to be the general cause which produces it.

A day or two previous to the attack of the disease, the child appears drowsy, inactive and fretful: the eyes are somewhat flushed and heavy, and there is cough, which from the first has a peculiar shrill sound, which in a day or two becomes more violent and likewise more shrill; every fit of coughing creates considerable agitation, with tremors and convulsive endeavours to breathe at the close of each fit. As the disease advances respiration is aggravated with a stronger degree of the peculiar shrill noise, &c.

The croup is a very dangerous disease, and there are instances where it has terminated fatally within twenty-four and thirty hours.

Bleeding from the arm and by leeches applied to the throat, is recommended—also a blister applied immediately afterwards from ear to ear across the throat, and a discharge kept up from afterwards dressing it with savine ointment.

These steps being adopted, a gentle emetic of ipecacuanha, or antimony wine,

in a dose proportioned to the age of the child, may be given so as to produce vomiting. In all cases of croup the child should be kept nearly upright in bed, to guard against suffocation. And throughout the whole course of the disease, a spare diet ought to be observed, and the body kept open by the frequent administration of some purgative. Early medical assistance is indispensable.

Small Pox.

Early inoculation for the cow pock is the surest means to prevent the occurrence of this type of the disease. Where this is neglected, parents certainly have themselves to blame, if not to answer for any consequences which may attend a visitation of the small pox, which is so extremely infectious as to be caused in a most unaccountable manner. The surrounding atmosphere of the neighbourhood where it prevails, is often sufficient to communicate it to children who have not already been visited with it. Vaccination, it is now well known, is a preventative, and cannot be too much encouraged and promoted by all who love their offspring, or value the interests of society.

Chicken Pox.

If a mild species it needs little or no medical treatment; like the small-pox it seems to depend upon a specific contagion, and affects a person but once during life. Cooling laxatives and spare diet are all that are requisite, in the generality of cases. It has not unfrequently been taken for the small pox—from which it may be distinguished by the latter being always preceded by fever of certain duration; while the former is either preceded by none, or one of a very uncertain duration. The vesicles appear earlier in the chicken than in the small pox, and about the second or third day are filled with a fluid of a whey like consistence; the matter of the former (chicken pox) never acquires a purulent appearance, which it always does in the distinct small pox; and the crusts which cover the pustules are formed about the fifth day, at which time those of the small pox are not at the height of their suppuration.

Scald Head and Ringworm.

The scalp or part affected is to be shaved once a week, or where this cannot be done, the hairs are to be cut as close as possible, the head washed with warm water twice a

day; and anointed after each bathing with the figwort ointment, which is made in the following manner; viz. bruise a pound of the fresh leaves of the great figwort in a mortar, or by other convenient means, then boil them in a pound of hog's lard until the leaves become crisp, but not burnt. Then strain and keep it covered from the air. Tar ointment with sulphur or ointment of Indian berries may be used as a substitute when the figwort ointment cannot be procured.

Also washing the head with flannel and castile soap, previous to anointing it, is attended with good effect—ointment of the nitric oxide of quicksilver is particularly recommended and has cured in a number of instances, mixed with equal parts of green elder ointment:—a powder also composed as follows, may be given three times a day.

Quicksilver with chalk, two scruples; calomel and rhubarb, of each ten grains. To be divided into ten powders, and one given as directed above, in some gelatinous fluid.

The Itch.

Many people are averse to the use of ointments in the cure of this complaint, and there are few who are not aware that

sulphur and hog's lard is a specific remedy—where it is desirable to have another formula, the following, as more agreeable, may be used—viz. sponge the body daily with a warm solution of the liver of sulphur, made by dissolving a drachm in a quart of water. A table-spoonful of the following mixture at the same time is also of service. Epsom salts, 1 oz. pepper-mint-water, 8 oz. diluted sulphuric acid, 20 drops; spirits of lavender, 2 drachms.

Rickets.

The rickets proceed from weakness of the digestive organs. The treatment consists in stomachic medicines—nutritious diet—pure air—warm bathing—warm or tepid salt bathing—exercise, &c. and attending to the state of the bowels. The following powders are also of service—prepared chalk, one drachm—rhubarb, one scruple—calomel, six grains—to be divided into twelve equal parts. To a child from six to twelve months old half of one of them may be given; and a whole one from two years to five.

The White Blister, (Eating Hive or Burnt Holes.)

Wash with warm water twice a day, and use the figwort ointment as recom-

mended in scald head; this generally succeeds. Should the disease spread with a tendency to mortification, foment the affected parts with the steam of warm water—a carrot poultice every eight hours, and a table-spoonful of the following bark mixture three or four times a day—viz. Decoction of peruvian bark* eight oz.—diluted sulphuric acid † twenty drops—syrup of orange peel, half an ounce. Of this, a desert to a table-spoonful may be given to a child from three to five years old, four or five times a day.

Worms.

The human body is infested with three kinds of worms, viz. the small white worms (commonly called maw worms), the long round worm (like the earth worm), and the tape worm.

For the destruction of the first kind, or maw worm, with which children are more generally troubled, it is usual to give injections to dislodge them;—for example, take common aloes, one drachm—thin gruel, ten ounces, and mix them for a clyster—or, ten grains of cowhage and six ounces of gruel, &c. for the same purpose. But

* An ounce of bark to a pint of water—boiled ten minutes.

† Oil of vitriol diluted with water.

frequently the following vermifuge electuary will answer every purpose—viz. filings of tin and confection of cassiæ, of each half an ounce, of which the bulk of a nutmeg may be taken twice a day—or, the down of cowhage, six grains to ten, mixed with a little treacle, and taken night and morning. These doses are for children from eight to ten years old: for they must be proportioned to their age, &c. After any of the foregoing, a brisk purge of jalap and calomel, or rhubarb and calomel, taken on the fourth morning will be as necessary as serviceable—*e. g.* Powder of jalap, ten grains—calomel, three grains, mix for a purge.

Chilblains.

Children and old people are more liable to be troubled with chilblains than those of the middle age—and such as are of a scrophulous habit are remarked to suffer severely from them.

The best way to prevent chilblains is to avoid with much care any exposure to wet and cold; and on the approach of winter, those who are subject to them should take the precaution to cover the parts with woollen gloves and stockings, and not to expose the hands and feet too hastily when cold, to any considerable degree of heat.

In common cases of chilblains, as soon as any part is perceived to be affected, it will be proper to rub it well with warm spirits of rosemary, to which a small addition of the spirits of turpentine has been made—after which pieces of soft linen, moistened with camphorated spirits may be applied and kept constantly on. When the swellings break and discharge a thin matter, or ulcerate, poultices and soothing ointments may be applied for a few days; but these should not be long persisted in from their aptitude to bring on proud flesh over the sores; afterwards apply caustic to the hardened edges of the ulcers, and dress them with the nitrated ointment of quicksilver: should this be too powerful its strength may be reduced by the additon of spermaceti ointment.

St. Anthony's Fire.

A purgative powder, composed of rhubarb and calomel, according to the age and constitution of the child—a bread and milk poultice applied over the part, or dusting it with finely powdered starch is the safest treatment. Cold lotions, and such as are made of the sugar of lead, are apt to transfer the inflammation to the bowels.

Management, &c. of the Breasts, after Delivery.

What are termed “milk abscesses,” or “broken breasts,” is taking cold—but the cause is most commonly in consequence of the great flow of milk overstretching of the vessels containing the milk.

Whenever the nipples become tender, or when from negligence, the vessels are much distended with milk, inflammation is apt to occur, which, if not speedily subdued, matter will form. Provided the nipples be not previously sore, inflammation of the breasts may generally be traced to mismanagement, and will but seldom take place if the milk be early solicited by putting the child to the breast after delivery, and by frequently doing the same that the breasts may be often and gradually emptied. The bowels at the same time should be kept open with some saline purgative—the quantity of fluids taken into the stomach should be small—the breasts should be gently rubbed by the nurse for some time every few hours: and if, notwithstanding all these measures the milk vessels continue to fill, they must be occasionally emptied by some of the contrivances generally resorted to on these occasions.

To prevent the nipple from cracking, &c. which excites inflammation, merely washing them with port wine, or equal parts of brandy and water, may be used—this will diminish their sensibility and harden them. These objects may also be secured, and superficial ulceration healed by a solution of sulphate of zinc and distilled water, (a grain of the former to an ounce of the latter.) But if the nipples be extremely sensible, the application of palm oil or mucilage of gum arabic, or the white of an egg frequently applied by means of a camel's hair pencil, will act as a defence and facilitate the healthy condition of them.

FINIS.



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